



Presented by Kelly Wirges



how many days can you say this prayer?

Dear God, It has been a great day.

I think you'd be very proud of me!

All day long, I haven't gossiped, whined, complained, lied or lost my temper.

I haven't been greedy, grumpy or nasty, selfish or overindulgent.

I'm very thankful for that.

In a few minutes, though, I'm going to get out of bed. From then on I'm probably going to need a LOT of help. Amen.



is it



to stay positive?



BEING POSITIVE

, is not a mood

IT IS A WORK ETHIC



- Make more money
- Are more successful
 - Have good health
- Live longer
- Have more energy
- Enjoy long-term relationships

SMARTEST PERSON ON HAPPINESS **CONTEST**

PART 1

Closest without going over = 5 points Exact # = 10 points

SMARTEST PERSON ON HAPPINESS **CONTEST**

PART 2

Count every time **"success" is said =** 10 BONUS POINTS

<u>31</u>% of Americans claim to be HAPPY

SUCCESS BEGINS WITH HAPPINESS HAPPINESS BEGINS WITH **YOU**



REINVENT OR REBOOT YOU

If you do more of what you're doing, you'll get more of what you've got.



"Your attitude, not your aptitude, determines your altitude."

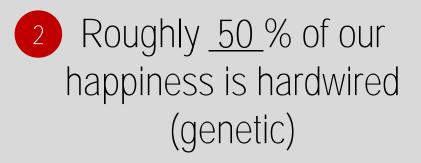
~ Zig

"We all need a daily checkup from the neck up to avoid stinkin' thinkin' which ultimately leads to hardening of the attitudes."

"You determine your future by the thoughts and pictures you hold in your mind today." ~Brian Tracy



Norman Vincent Peale Napoleon Hill



3 Roughly <u>40</u>% percent of our happiness is within our control

> Roughly <u>10-20</u>% is determined by circumstances (age, health, income)

HAPPINESS IS

CONTAGIOUS

Mirror Neurons are specialized brain cells that can sense and mimic the feelings, actions and physical sensations of the other person. ~The Happiness Advantage

HIS pain neurons

YOUR pain neurons



Your brain can identify an emotion in another person's face within <u>33</u> milliseconds and primes us to feel the same way.

~The Happiness Advantage, Shawn Achor

the most emotionally expressive person transmits his or her mood to others within just <u>2</u> minutes!





LIFE IS TOO SHORT NOT TO BE HAPPY

it's all about

The person you have the greatest power to change is YOU.

you have to have the skill & the will to be successful

LIFE & WORK IS A ROLLER COASTER you can either

scream every time you hit a bump or throw your hands up in the air and enjoy!



Success depends not so much on what happens, but on how you react to what happens

Set up Action Alerts

achieving PERFORMAX

SIAY

ALERT

There's an app for that!



3 Action Alerts

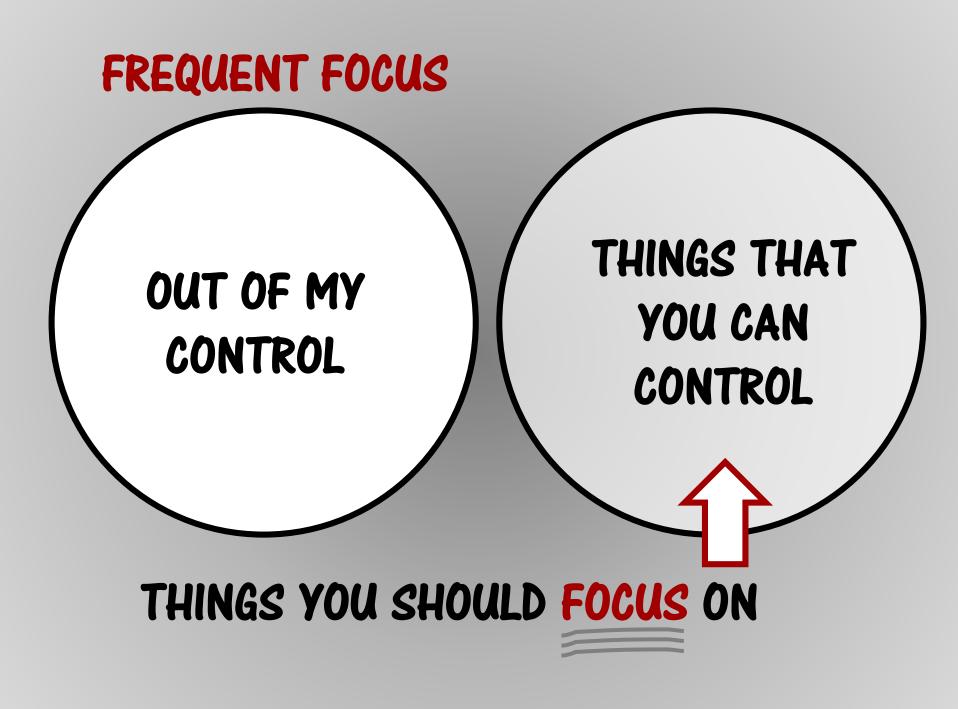
3 Questions 3 Times a Day

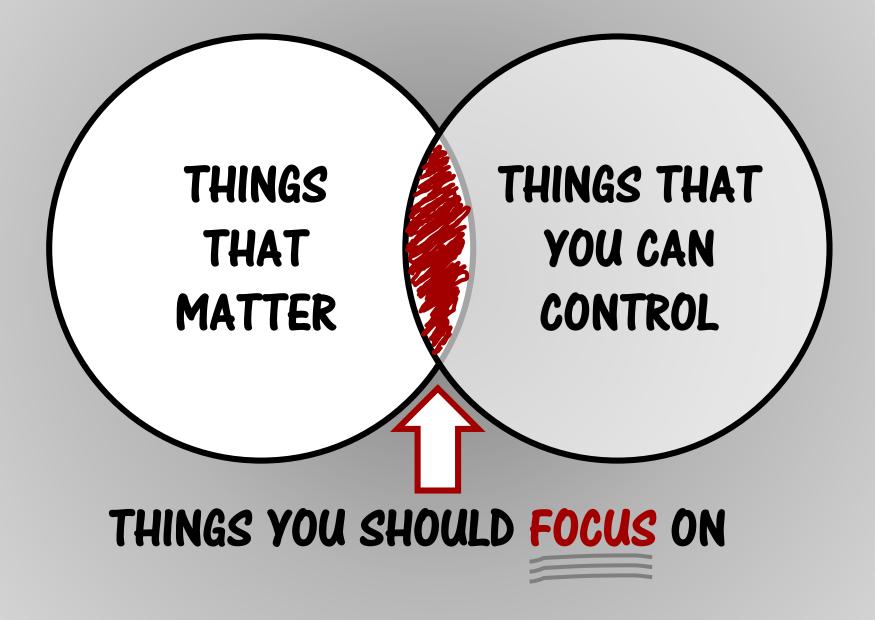


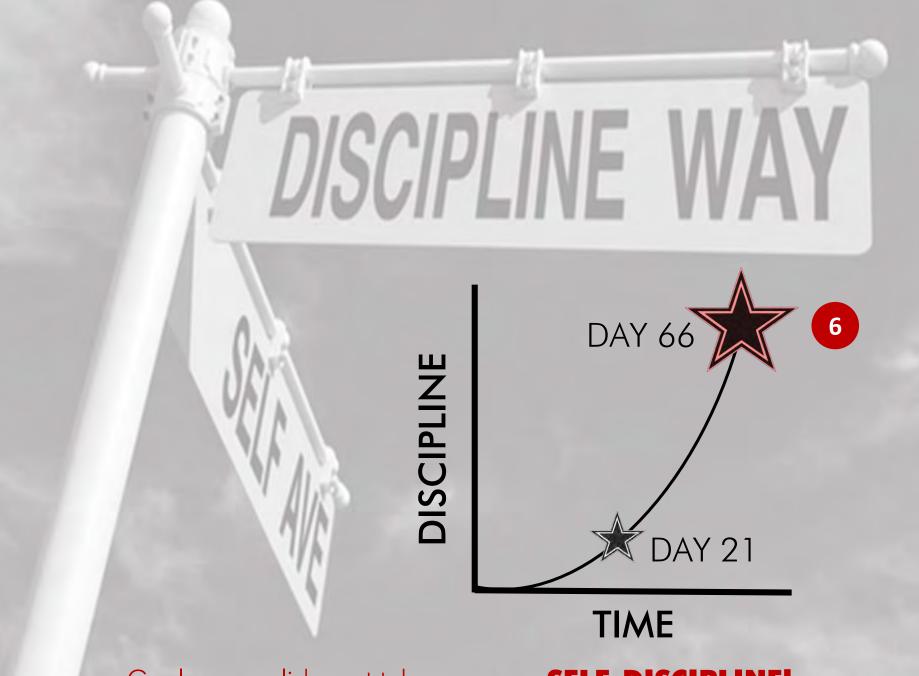


cell towards goals

THE WAY FORWARD







Goal accomplishment takes supreme **SELF-DISCIPLINE!**



your mental performance

 Everything in your life today is entirely conditioned by your thoughts and feelings.

 You choose the quality of your life when you choose the thoughts that you allow your mind to dwell upon.

• Train yourself to have a good attitude by feeding your mind positive thoughts.



MENTAL OUT OF ORDER

ARE YOU UP FOR THE CHALLENGE?

put yourself on a mental diet!

- Devote one week to the task of building a new habit of thought.
- Think about it for a few days before beginning.
- For 7 days, do not allow yourself to dwell on any kind of negative thought ~ those not positive, constructive, optimistic or kind.
- Place reminders around you.
- Stay on the diet for 7 days.
- If you fall off the diet, start again fresh.
- Tell or don't tell anyone about it.
- Once completed, tell others who would benefit.



You Are Response-ABLE for YOU!

substitution solutions

When you wake each morning, tell yourself:



- I feel terrific.
- I have energy.
- It's going to be a great day.
- Something wonderful is going to happen to me today.

substitution solutions

Taking control of time, procrastination, or poor work habits:

- Back to work.
- Work all the time you work.
- Be the best!
- Good enough, seldom is.
- Do the right thing.

- Eat a frog every morning.
- How long will this project take?

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To keep a positive attitude:

substitution solutions

- Don't complain, don't explain.
- That's it, it's over. Flush!
- If it's to be, it's up to me.
- This is just one chapter.
- I am response-able.
- Poor soul...
- Bless her/his heart!

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1. R<u>efrain</u>

2. R<u>elax</u>

None of us can control our emotions. We can only control our reactions to our emotions.

~The Happiness Equation, Neil Pasricha

3. R<u>eplace</u>

4. Refocus

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The only one who can tell you you can't is you. And you don't have to listen.

being positive is not just a mood IT'S A WORK ETHIC

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surround yourself with

POSITIVE PEOPLE

Surround Yourself with

TOP PERFORMERS

who will help you stay on track

You can't fly with the eagles if you hoot with the owls or scratch with the turkeys.

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Stay Away from

ENERGY VAMPIRES

Smiling tricks your brain into thinking you're happy, so it starts producing the neurochemicals that actually do make you happy!

> ~The Happiness Advantage, Shawn Achor

FAKE IT TIL YOU MAKE IT!

Being happy is the biggest challenge you face every single day at work.

~The Happiness Equation, Neil Pasricha



DID YOU KNOW...

Placebos are about 60 % as effective as most active medications like aspirin and codeine for controlling pain?

> ~The Happiness Advantage, Shawn Achor

if yióy'de're Dappypy TELL YOUR FACE YOU ARE!

HAPPY PEOPLE OUTPERFORM NEGATIVE PEOPLE

OPTIMISTIC SALESPEOPLE

Happiness is the precursor to success, not merely the result.

~The Happiness Advantage, Shawn Archor

Outsell their pessimistic counterparts by <u>56</u>%!

8



Excellence is created a minute at a time.

We each get the same <u>1,440</u> minutes every day to make choices, pursue opportunities and strive for excellence. **These minutes can't be exchanged, replaced** or refunded.

Make every minute count!

168 HOURS



Every Monday morning, every single person on Earth is given 168 hours and they have to spend every one of them by the strike of midnight on Sunday.

~ The Happiness Equation, Neil Pasricha

GREAT -> BIG WORK SUCCESS HAPPY BE -> GREAT -> BIG WORK SUCCESS

The greatest discovery of any generation is that a human being can alter his life by altering his attitude.

~ William James, American Philosopher

10

1 minutes a day outside in good weather

Boosts positive mood
 Improves working memory
 Broadens thinking

the als

If you are depressed you live in the past. If you are anxious you live in the future. If you are content then you live in the present. ~ Dr. Oz

LIVE IN THE PRESENT!

30 minutes ago is just as much in the past as 3 years ago!

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SMARTEST PERSON ON HAPPINESS **CONTEST**

and the winner is...



You simply cannot be on auto-pilot and achieve greatness. Do not fall into the CULT OF AVERAGE!

SUCCESSFUL PEOPLE

☆ do things that unsuccessful people <u>can't</u>, <u>won't</u> or <u>don't</u> do
☆ do things <u>THEY</u> <u>don't</u> want to do
☆ do successful <u>things each</u> and <u>every</u> day

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